## Operation Guide 4777

## Getting Acquainted

Congratulations upon your selection of this CASIO watch. To get the most out of your purchase, be sure to read this manual carefully.

- This watch does not have a city code that corresponds to the Greenwich Mean Time differential of -3.5 hours. Because of this, the radio-controlled atomic timekeeping function will not display the correct time for Newfoundland, Canada.


## Keep the watch exposed to bright light



The electricity generated by the solar cell of the watch is stored by a built-in battery. Leaving or using the watch down. Make sure the watch is exposed to light as much as possible. position the face so it is pointed at a source of bright light.
You should try to keep the watch outside of your sleeve as much as possible. Even if the face of the watch is blocked only partially from light, charging will be reduced
significntly significantly.

- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will cause some watch functions to be disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.


General Guide


Transmitter Change Time/Date Adjustment


- About 1.5 seconds after you enter the World Time Mode or Alarm Mode from another mode, the watch's hands will start to move to the time setting for the mode you entered. All button operations are disabled while the hands are moving. If you mode press ( (mode change) to advance to the next mode before the hands start moving.

| German/U.K. Signal |  | Japan Signal |  | U.S. Signal |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| City Code | City Name | City Code | City Name | City Code | City Name | City Code | City Name |
| LON | London | HKG | Hong Kong | HNL | Honolulu | DEN | Denver |
| PAR | Paris | TYO | Tokyo | ANC | Anchorage | CHI | Chicago |
| ATH | Athens |  |  | LAX | Los Angeles | NYC | New York |

- In addition to the above, you also can select city codes that are outside the ranges of the time calibration signal transmitters supported by this watch.
- Note that this watch does not have a city code that corresponds to Newfoundland 3. After the Home City setting is the way you want, press (A) to return to the mekeeping Mode.
- Normally, your watch should show the correct time as soon as you specify your Home City code. If it does not, it should adjust automatically after the next auto receive
- Even if the time calibration signal is received correctly, there are some times when the analog hands may not indicate the correct time. If this happens, use the procedures under "Adjusting the Home Positions" to check the home positions of the hands, and make adjustments as required.
- You can also change the Home City setting by swapping the current Home City and he currently selected World Time City. For details, see "Swapping your Home City and World Time City"


## Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.
(Germany), Anthorn (England), or Fort Collins (the United States) include both Standard Time and DST Time. and the Auto DST setting is turned on, the watch switches between Standard - Though the (summer time) automatically in accordance with the signals. Japan transme calibration signal transmitted by the Fukushima and Fukuoka/Saga, implemented in Japan (as of 2007)

- The default DST setting is Auto DST (AUTO/AT) whenever you select LON, PAR, ATH, ANC, LAX, DEN, CHI, NYC, or TYO as your Home City code.
- If you experience problems receiving the time calibration signal in your area, it probably is best to switch between Standard Time and Daylight Saving Time (summer time) manually. For more information, see "To set the time and date manually".


## Operation Guide 4777

Time Calibration Signal Reception
There are two different methods you can use to receive the time calibration signal: auto receive and manual receive.

## - Auto Receive

With auto receive, the watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive

## Manual Receiv

Manual receive lets you start a time calibration receive operation with the press of a button. For more information, see "To perform manual receive"

## Important!

- When getting ready to receive the time calibration signal, position the watch as shown in the nearby illustration, with its 12 o'clock side facing towards a window. Make sure there are no metal objects nearby.

- Make sure the watch is facing the right way
- Mroper signal reception can be difficult or even impossible under the conditions listed


Inside or mong


Inside a
vehicle vehicle


Near
household household
appliances, applianc
office equipment, or a mobile phone


Near a construction site, airport, or
other sources of electrical noise
is better at night than during the day.

- Signal reception normally is better at night than during the day. - Time calibration signal reception takes from two to seven minutes, but in some
cases it can take as long as 14 minutes. Take care that you do not perform any button operations or move the watch during this time.
- The time calibration signal the watch will attempt to pick up depends on its current Home City code setting as shown below. If you use the watch in Japan or Europe (each of which has two different transmitter locations), it will try to receive the time calibration signal from one of the transmitters in your current location. If it cannot receive the signal, it will then try to receive the time calibration signal from the other transmitter
Home City Codes and Transmitters

| Home City Code | Transmitter | Frequency |
| :--- | :--- | :---: |
| LON, PAR, ATH | Anthorn (England) <br> Mainflingen (Germany) | 60.0 kHz |
| 77.5 kHz |  |  |
| HKG $^{*}$, TYO | Fukushima (Japan) | 40.0 kHz |
| HNL $^{*}$, ANC $^{*}$, LAX, | 60.0 kHz |  |
| FENuoka/Saga (Japan) | Fort Collins, Colorado | 60.0 kHz |

* The areas covered by the HKG, HNL, and ANC city codes are quite far from the time calibration signal transmitters, and so certain conditions may cause problems with signal reception.


## Reception Ranges


$320 / 2,000$ miles 2,000 miles
(3,000 kilometers) (3,000 kilom 600 miles
$(1,000$ kilometers $)$

Fort Collins

500 kilometers


Japan Signal

- Signal reception may not be possible at the distances noted below during certain times of the year or day. Radio interference may also cause problems with reception Mainflingen (Germany) or Anthorn (England) transmitters: 500 kilometers ( 310 miles)
Fort Collins (United States) transmitter: 600 miles ( 1,000 kilometers)
Fukushima or Fukuoka/Saga (Japan) transmitters: 500 kilometers ( 310 miles)
- Even when the watch is within the reception range of the transmitter, signal reception will be impossible if the signal is blocked by mountains or other geological
formations between the watch and signal source.
Signal reception is affected by weather, atmospheric conditions, and seasonal changes.

About Auto Receive
The watch receives the time calibration signal automatically up to six times a day. When any auto receive is successful, the remaining auto receive operations are no When any auto receive is successful, the remaining auto receive operations are no selected Home City, and whether standard time or Daylight Saving Time is selected for your Home City.

| Your Home City |  | Auto Receive Start Times |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 |
| LON | Standard Time | 1:00 am | 2:00 am | 3:00 am | 4:00 am | 5:00 am | Midnight next day |
|  | $\begin{array}{\|l\|} \hline \text { Daylight } \\ \text { Saving Time } \\ \hline \end{array}$ | 2:00 am | 3:00 am | 4:00 am | 5:00 am | Midnight next day | $\begin{aligned} & \text { 1:00 am } \\ & \text { next day } \end{aligned}$ |
| PAR | Standard Time | 2:00 am | 3:00 am | 4:00 am | 5:00 am | Midnight next day | $\begin{aligned} & \text { 1:00 am } \\ & \text { next day } \end{aligned}$ |
|  | $\begin{array}{\|l\|} \hline \text { Daylight } \\ \text { Saving Time } \\ \hline \end{array}$ | 3:00 am | 4:00 am | 5:00 am | Midnight next day | $\begin{aligned} & 1: 00 \text { am } \\ & \text { next day } \end{aligned}$ | $\begin{aligned} & \text { 2:00 am } \\ & \text { next day } \end{aligned}$ |
| ATH | Standard Time | 3:00 am | 4:00 am | 5:00 am | Midnight next day | $\begin{aligned} & \text { 1:00 am } \\ & \text { next day } \end{aligned}$ | $\begin{aligned} & \text { 2:00 am } \\ & \text { next day } \end{aligned}$ |
|  | $\begin{array}{\|l} \hline \text { Daylight } \\ \text { Saving Time } \\ \hline \end{array}$ | 4:00 am | 5:00 am | Midnight next day | $\begin{array}{\|l\|} \hline 1: 00 \mathrm{am} \\ \text { next day } \end{array}$ | $\begin{aligned} & \text { 2:00 am } \\ & \text { next day } \end{aligned}$ | $\begin{aligned} & \text { 3:00 am } \\ & \text { next day } \end{aligned}$ |
| HKG, TYO | Standard Time | Midnight | 1:00 am | 2:00 am | 3:00 am | 4:00 am | 5:00 am |
| HNL, ANC, LAX, DEN, CHI, NYC | Standard Time Daylight Saving Time | Midnight | 1:00 am | 2:00 am | 3:00 am | 4:00 am | 5:00 am |

Note

- Auto receive is supported in all modes except while a stopwatch elapsed time operation is in progress
- Auto receipt of the calibration signal is designed to be performed early in the morning, while you sleep (provided that the Timekeeping Mode time is set correctly) Before going to bed for the night, remove the watch from your wrist, and put it in location where it can receive the signal easily.
- The watch receives the calibration signal for two to 14 minutes every day when the time in the Timekeeping Mode reaches each of the calibration times. Do not perform any button operation within 14 minutes before or after any one of the calibration times. Doing so can interfere with correct calibration.
- Remember that reception of the calibration signal depends on the current time in the Timekeeping Mode.
- Signal receive is cancelled if an alarm operation starts while it is being performed

To perform manual receive


1. Place the watch on a stable surface so its $120^{\prime}$ clock
side is facing towards a window.
2. In the Timekeeping Mode, hold down (A) for about two seconds until the watch beeps.
3. The stopwatch second hand will move to R (READY) to indicate that the watch is setting up for time calibration - The stop

The stopwatch second hand will move to $\mathbf{W}$ (WORK)
and stay there while actual reception is in progess.
$W$ (WORK) $R$ (READY) - If signal reception is unstable during reception, the

stopwatch second hand may move between W (WORK) and R (READY).

- The hour, minute, and 24 -hour hands all continue to
keep time normally.
The second hand will stop at " 0 "."
* Some models show "60" instead of " 0 ".
- Time calibration signal reception takes from two to seven minutes, but in some cases it can take up to 14 minutes. Take care that you do not perform any button operations or move the watch during this time.
- After signal reception is successful, the watch adjusts its hour, minute, 24 -hour hand, and second hand settings, and then returns to the Timekeeping Mode. Next, the stopwatch second hand moves to $\mathbf{Y}$ (YES) momentarily to indicate that signal reception was successful. After about five seconds, the stopwatch second hand moves to 12 o'clock.


## Note

- To interrupt a receive operation and return to the Timekeeping Mode, press any
- If signal reception fails for some reason, the watch returns to normal timekeeping without making any adjustments. Next, the stopwatch second hand moves to $\mathbf{N}$ (NO momentarily to indicate that signal reception failed. After about five seconds, the stopwatch second hand moves to 12 o'clock.
- If the stopwatch second hand is pointing to $\mathbf{Y}$ (YES) or $\mathbf{N}$ (NO), you can return to the Timekeeping Mode by pressing any button.


## Viewing the Latest Signal Reception Results

You can use the procedure below to check whether or not the last signal receive operation was successful.
To check the latest signal reception results


If the watch was able to perform a successful signal receive operation during the last receive period, the stopwatch second hand will move to $\mathbf{Y}$ (YES). If the watch has been unable to receive any signal successfully, the stopwatch second hand will move to N (NO).
The watch will return to the Timekeeping Mode after five seconds or when you press (A).

- The current receive result is cleared when the first auto receive operation is performed on the following day. This means Y(YES) indicates successful signal reception since the start of the current day.
If you adjust the time or date setting manually, the stopwatch second hand will move to $\mathbf{N}$ (NO)


## Operation Guide 4777

Signal Reception Troubleshooting

| Problem | Probable Cause | What you should do |
| :---: | :---: | :---: |
| The stopwatch second hand is pointing at N (NO). | - You changed the time setting manually. <br> - You performed some button operation during the auto receive operation. <br> - The stopwatch is performing an elapsed time measurement operation. <br> - Signal reception results are reset at the first time of the next receive period. | - Perform manual signal receive or wait until the next auto signal receive operation is performed. <br> - Stop the stopwatch operation. <br> - Check to make sure the watch is in a location where it can receive the signal. |
| The time setting is incorrect following signal reception. | - The Home City setting is not correct for the area where you are using the watch. <br> - The home position of the hands is off. | - Select the correct Home City. <br> - Enter the Home Position Adjustment Mode and adjust the home position. |

- For further information, see "Important!" under "Time Calibration Signal Reception" and "Radio-controlled Atomic Timekeeping Precautions".


## Stopwatch



Stopwatch
minute hand

The stopwatch lets you measure elapsed time.

- When you enter the Stopwatch Mode, the stopwatch $1 / 20$ second hand and the stopwatch minute hand move - You can start elapsed time measurement with the stopwatch while the watch is in the Stopwatch Mode or the Timekeeping Mode.
- The display range of the stopwatch is 59 minutes, 59.95 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it. elapsed time operation is in progress.
Stopwatch 1/20
second hand
To start an elapsed time operation while in the Stopwatch Mode

1. In the Timekeeping Mode, press (D) to enter the Stopwatch Mode.
2. In the Stopwatch Mode, press (B) to start elapsed time measurement
3. Press (B) to stop elapsed time measurement.

- You can restart and stop elapsed time measurement as many times as you like by pressing (B).
When $1 / 20$ second hand rotates during the first 60 seconds only, and then stops. When elapsed timing is stopped (by pressing (B)), the $1 / 20$ second hand jumps to the $1 / 20$ second indication (which is kept internally).
- After you are finished measuring elapsed time, press (D) to reset the stopwatch to all zeros. The stopwatch will reset to all zeros even if you press (D) while elapsed time measurement is in progress.
- To return to the Timekeeping Mode, press (D) while the stopwatch is reset to all zeros.

To start an elapsed time operation while in the Timekeeping Mode

1. In the Timekeeping Mode, press (B) to start elapsed time measurement.

- After pressing (B) in the Timekeeping Mode, elapsed time measurement will not
start for about one second.
- The elapsed time operation will not start if you press (B) in the Timekeeping Mode while either of the following conditions exists. When an alarm is turned on
(B) to

2. Press (B) to stop elapsed time measurement.

- You can restart and stop elapsed time measurement as many times as you like by
- The $1 / 20$ second hand rotates during the first 60 seconds only, and then stops. When elapsed time measurement is stopped (by pressing (B)), the $1 / 20$ second hand jumps to the $1 / 20$ second indication (which is kept internally).

3. Check the elapsed time.

- After you are finished measuring elapsed time, press (D) to reset the stopwatch to al zeros. The stopwatch will reset to all zeros even if you press (D) while elapsed time measurement is in progress.
To return to the Timekeeping Mode, press (D) while the stopwatch is reset to all zeros


## World Time

Current time (hour) in the currently selected World


The World Time Mode shows you the current time in 27 cities ( 29 time zones) around the world. A simple operation swaps your Home City with the currently selected World Time city
minut you enter the World Time Mode, the hour and minute hands move to the current time in the currently If the ced World Time city.

- If the current time shown for a city is wrong, check your Home City settings and make the necessary changes. - All of the operations in this section are performed in the World Time Mode.


## City code

To view the time in another city
In the World Time Mode, use (D) to move the stopwatch second hand to the city code of the city you want to select as the World Time city.

- The hour hand, minute hand, and date display will change automatically to the applicable settings for the currently selected city code.
- The day of the week hand shows whether or not Daylight Saving Time (summer time) is turned off for the currently selected city code.
All button operations are disabled while the hands and date display are changing. - The wach will beep if the city code you select is your current Home City.

To toggle a city code time between Standard Time and Daylight Saving Time
 1. In the World Time Mode, use (D) to select the city code whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (A) for about two seconds until the watch beeps. This will cause the day of the week hand to toggle between ON (Daylight Saving Time) and OFF (Standard Time).

- Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as the city code.
Note that the Standard Time/Daylight Saving Time setting affects only the currently displayed city code. Other city codes are not affected.
The Standard Time/Daylight Saving Time setting of your Home City can be changed in the Timekeeping Mode only. See "To

Swapping your Home City and World Time City
You can use the procedure below to swap your Home City and World Time city. This changes your Home City to your World Time city, and your World Time city to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones

- If your current World Time city supports receipt of a time calibration signal, making it your Home City enables calibration signal reception
For information about which cities support time calibration signal reception, see "To specify your Home City".
To swap your Home City and World Time city

1. In the World Time Mode, use (D) to select the World Time city you want.
2. In the World (B) for about two seconds until the watch beeps twice.

- This will make the World Time city (which you selected in step 1), your Home City. A the same time, it changes the Home City you had selected prior to step 2 your World Time city.
- After swapping the Home City and World Time city, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time city.

Alarm


Mode indicator

When the alarm is turned on, the alarm sounds when the alarm time is reached.
Entering the Alarm Mode causes the stopwatch second hand to move to the current alarm on (ON) or alarm off hands move to the current alarm time setting

- All of the operations in this section are performed in the Alarm Mode.


## To set an alarm time

1. In the Alarm Mode, hold down (A) for about two
seconds until the watch beeps twice. This indicates it is in the setting mode.
The stopwatch second hand will move to ON (alarm on) at this time.
2. Use (D) (+) and (B) ( - ) to change the alarm time setting. - Each press of either button moves the hands one-minute.
3. After setting the alarm time, press (A) to exit the setting mode.

- Setting the alarm time causes the alarm to turn on automatically.
- As you set the alarm time, take care to ensure that the 24 -hour hand also is at the correct position.


## Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in.

- Alarm operations are performed in accordance with the Timekeeping Mode time. - Pressing any button stops the alarm tone operation.

To toggle an alarm on and off
In the Alarm Mode, press (A) to toggle the alarm ON and OFF

- The watch will beep when you turn on the alarm.


## Adjusting the Home Positions

If the time and date settings are wrong even after the time calibration signal is received normally, use the following procedure to adjust their home positions.

## To adjust the home positions

Stopwatch second hand 1. In the Timekeeping Mode, as you hold down (A), hold


Timekeeping second hand Correct timekeeping second hand and stopwatch second hand home position
Minute hand Hour hand


[^0]down © for about two seconds until the watch beeps. home position adjustment mode. home position adjustment mode.
the correct home position. If it doesn't to " 0 ", it is in move the timekeeping second hand to " 0 ".

- The stopwatch second hand is also in the proper home position if it moves to 12 o'clock. If it doesn't, press (B) to move it to 12 o'clock.
After confirming that the timekeeping second hand and stopwatch second hand are both at the proper home positions, press © position switu to hour hand and minute hand home Tistion adjustment.
The hour hand and minute hand are at their proper home positions if they both move to 12 o'clock, and if the 24 -hour hand is pointing at hour 24 . If the hands are not positioned correctly, use (D) (+) and (B) ( - ) to move all three hands to their proper home positions.
The 24-hour hand moves in accordance with the hour, minute, and second settings. As you set the time, take care to ensure that the 24 -hour hand also is at the correct position.


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Correct day of the week
hand home position

3. After confirming that the hour and minute hands are in the correct home position, press ©. This will advance the correct home position, press © C . This will advance
to day of the week hand home position adjustment. - The day of the week hand is in the correct home position if it is pointing at " 60 ". If it isn't, use (D) (+) and (B) $(-)$ to move the hand to " 60 ".
4. After confirming that the day of the week hand is in the correct home position, press (C). This will advance to date home position adjustment

- The date is in the correct home position if it shows " 1 ". If it doesn't, use (D) $(+)$ and (B) $(-)$ to change the date 5. Press (A)

5. Press (A) to return to the Timekeeping Mode.

After you complete the home position adjustment procedure, place the watch in a location that allows good time calibration signal reception, and then perform a manual receive operation. See "To perform manual receive" for more information.

Correct date h

## Timekeeping

## Stopwatch second hand



Second hand week hand

Use the Timekeeping Mode to set and view the current time and date. This section also explains how to set the current date and time manually

- All of the operations in this section are performed in the Timekeeping Mode.


## To set the time and date manually

1. In the Timekeeping Mode, hold down (A) for about five seconds. The watch will beep once after about two seconds, and then twice after about three more seconds. - The stopwatch second hand will move to the city code of the currently selected Home City. This is the city code setting mode.
*The second hand will stop at " " 0 ".*

* Some models show " 60 " instead of " 0 ".

Use (D) to change the Home City setting. All hands (except for the second hand) and the dat display will change automatically to the current time and date settings.

- All button operations are disabled while the hands and date display are changing - For full information on city codes, see the "City Code Table".

3. Use (B) to cycle through the DST settings in the sequence shown below


- Auto DST (AUTO/AT) can be selected only while LON, PAR, ATH, HNL, ANC, LAX, DEN, CHI, NYC, HKG, or TYO is selected as the Home City code. For more information, see "Daylight Saving Time (DST)".
- Even after you change the DST setting, you can still use (D) to select a different Home City code if you want.

4. After the Home City and DST settings are the way you want, press (C) - This will cause the watch to beep and the stopwatch second hand to move to the 12 o'clock position. This is the time setting mode.

Stopwatch second hand
5. Use (D) $(+)$ and (B) $(-)$ to change the time (hour and
minute) setting.
 - As you set the time, take care to ensure that the 24 hour hand also is at the correct position
6. After the time setting is the way you want, press (C). - The watch will beep and enter the date setting mode.
8. After the date setting is the way you want, press (a)
8. After the date setting is the way you want, press (C). - setting mode.
9. Use (D) (+) to change the day of the week setting.

- Pressing (C) will return to the city code setting mode.

10. After all the settings are the way you want, press (A) to enter the Timekeeping Mode - You can press (A) at any time during the above procedure to return to the

## Power Supply

This watch is equipped with a solar cell and a special rechargeable battery (secondary battery) that is charged by the electrical power produced by the solar cell. The illustration shown below shows how you should position the watch for charging

Example: Orient the watch so its face is pointing at a light source. - The illustration shows how to position a watch with a resin band.

- Note that charging efficiency drops when any part of the sol
 blocked by clothing, etc
You should try to keep the watch possible. Even if the face of the watch
is blocked from light only partially, charging will be reduced significantly.
Important!

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Make sure that the watch is exposed to bright light whenever possible.
- This watch uses a special rechargeable battery to store power produced by the solar cell, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the special rechargeable battery to charge fully, contact your deale or CASIO distributor about having it replaced.
Never try to remove or replace wew
- Type of battery can damage the watch.
battery power drops to Level 3 and wheturn to their initial factory defaults whenever - Keep the watch in an area normally exposed have the battery replaced. periods. This helps to keep the rechargeable battery from going dead.

Battery Power Levels
The movement of the analog hands indicates the current battery power level.
Jumps 2 seconds

| Level | Hand Movement | Function Status |
| :---: | :--- | :--- |
| 1 | Normal. | All functions enabled. |
| 2 | - Second hand jumps <br> every 2 seconds. <br> - Date changes to home <br> position. | All functions disabled, <br> except for analog <br> timekeeping and <br> stopwatch. |
| 3 | • Second hand stopped. <br> - Hour and minute hands <br> stopped at 12 o'clock. | All functions disabled. |

- The second hand jumping every two seconds (Level 2) indicates that battery power is quite low. Expose the watch to light as soon as possible to charge the battery
- When battery power is at Level 2 , time calibration signal reception is disabled.
drop in operation can cause hand movement to stop due to the sudden temporary resume when the watch is exposed to light. Though hand movement stops, timekeeping continues internally, and the hands will be adjusted to the correct setting when normal operation returns.
- At Level 3, all functions are disabled and settings return to their initial factory defaults. The watch will continue to keep time internally for about one month after the the anateps to Level 3 . If you recharge the battery sufficietly during this period timekeeping will resume.
- Internal timekeeping will stop and the Home City setting will change to Tokyo (TYO) automatically if you leave the watch in the dark for about one month after the battery level drops to Level 3 . With this Home City code setting, the watch is configured to receive the time calibration signals of Japan. If you are using the watch in North America or Europe, you will need to change the Home City code setting to match your location whenever the battery drops to Level 3.


## Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving
the watch in the areas described below whenever charging its rechargeable battery
Warning!
Leaving the watch in bright light to charge its rechargeable battery can cause it to become quite hot. Take care when handling the watch to avoid burn injury. The watch can become particularly hot when exposed to the following
conditions for long periods.

- On the dashboard of a car parked in direct sunlight
- Too close to an incand scent lamp

Charging Guide
After a full charge, timekeeping remains enabled for up to about five months.

- The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

| Exposure Level (Brightness) | Approximate Exposure Time |
| :--- | :--- |
| Outdoor sunlight (50,000 lux) | 8 minutes |
| Sunlight through a window (10,000 lux) | 30 minutes |
| Daylight through a window on a cloudy day <br> (5,000 lux) | 48 minutes |
| Indoor fluorescent lighting (500 lux) | 8 hours |

- Since these are the specs, we can include all the technical details.
- Watch is not exposed to light

Internal timekeeping

- Analog hands operational 18 hours per day, sleep state 6 hours per day
- 10 seconds of alarm operation per day
- Stable operation is promoted by frequent charging.

Recovery Times
The table below shows the amount exposure that is required to take the battery from one level to the next.


The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

## Reference

This section contains more detailed and technical information about watch operation.
It also contains important precautions and notes about the various features and functions of this watch

## Auto Return Features

- If you leave the watch in the Alarm Mode for two or three minutes without performing any operation, it returns to the Timekeeping Mode automatically.
- If you do not perform any operation for about two or three minutes while a setting mode is selected, the watch will exit the setting mode automatically.


## High-Speed Movement

- The (D) and (B) buttons are used to change the hand setting in various setting modes. In most cases, holding down these buttons will start high-speed movement of the applicable hand(s) and day.
- High-speed movement of the hands and day will continue until you press any button, or until the moving hand(s) and day finish one complete cycle.
- One complete cycle for the hands is one revolution (360 degrees) or 24 hours. - One complete cycle for the day is 31 days.


## Radio-controlled Atomic Timekeeping Precautions

- Strong electrostatic charge can result in the wrong time being set

The time calibration signal bounces off the ionosphere. Because of this, such factor as changes in the reflectivity of the ionosphere, as well as movement of the ionosphere to higher altitudes due to seasonal atmospheric changes or the time of day may change the reception range of the signal and make reception temporarily impossible.

- Even if the time calibration signal is received properly, certain conditions can cause the time setting to be off by up to one second.
- The current time setting in accordance with the time calibration signal takes priority over any time settings you make manually.
- The watch is designed to update the date and day of the week automatically for the period January 1,2001 to December 31, 2099. Setting of the date by the time calibration signal cannot be performed starting from January 1,2100
- This watch can receive signals that differentiate between leap years and non-leap years.
- Though this watch is designed to receive both time data (hour, minutes, seconds) and date data (year, month, day), certain signal conditions can limit reception to tome
data only.
If you are in an area where proper time calibration signal reception is impossible, the watch keeps time within $\pm 20$ seconds a month at normal temperature.


## Timekeeping

- The year can be set in the range of 2001 to 2099
- The watch's built-in full automatic calendar makes allowances for different month engths and leap years. Once you set the date, there should be no reason to change except after you have the watch's battery replaced or when battery power drops to

The date will change automatically when the current time reaches midnight. Th date change at the end of the month may take more time than normal.
accordance with the Greenwich Mean Time (GMT) differential of each city, based on your Home City time setting.

- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC*) data.
UTC is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseco Earth's rotation. The reference point for UTC is Greenwich,

Power Saving
Power Saving enters a sleep state automatically whenever the watch is leff for a
certain period in an area where it is dark. The table below shows how watch functions are affected by Power Saving.

- There actually are two sleep state levels: "second hand sleep" and "function sleep".

| Elapsed Time in Dark | Operation |
| :--- | :--- |
| 60 to 70 minutes <br> (second hand sleep) | Second hand only is stopped, all other functions are <br> enabled. |
| 6 or 7 days <br> (function sleep) | • All functions, including analog timekeeping, disabled <br> • Internal timekeeping maintained |

- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between $6: 00 \mathrm{AM}$ and $9: 59 \mathrm{PM}$. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.
To recover from the sleep state
Perform any one of the following operations.
Move the waich to a well-lit area.
- Press any button.

City Code Table

| City Code | City | UTC Differential | Other major cities in same time zone |
| :---: | :---: | :---: | :---: |
| PPG | Pago Pago | -11.0 |  |
| HNL | Honolulu | -10.0 | Papeete |
| ANC | Anchorage | -09.0 | Nome |
| LAX | Los Angeles | -08.0 | San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City, Tijuana |
| DEN | Denver | -07.0 | El Paso, Edmonton, Culiacan |
| CHI | Chicago | -06.0 | Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg |
| NYC | New York | -05.0 | Montreal, Detroit, Miami, Boston, |
| CCS | Caracas | -04.0 | Panama City, Havana, Lima, Bogota |
| RIO | Rio De Janeiro | -03.0 | Sao Paulo, Buenos Aires, Brasilia, Montevideo |
| -02 |  | -02.0 |  |
| -01 |  | -01.0 | Praia |
| GMT |  |  | Dublin, Lisbon, Casablanca, Dakar, Abidjan |
| LON | London | +00.0 |  |
| PAR | Paris | +01.0 | Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm, Berlin |
| ATH | Athens | +02.0 | Cairo, Jerusalem, Helsinki, Istanbul, Beirut, Damascus, Cape Town |
| JED | Jeddah | +03.0 | Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow |
| THR | Tehran | +03.5 | Shiraz |
| DXB | Dubai | +04.0 | Abu Dhabi, Muscat |
| KBL | Kabul | +04.5 |  |
| KHI | Karachi | +05.0 | Male |
| DEL | Delhi | +05.5 | Mumbai, Kolkata, Colombo |
| DAC | Dhaka | +06.0 |  |
| RGN | Yangon | +06.5 |  |
| BKK | Bangkok | +07.0 | Jakarta, Phnom Penh, Hanoi, Vientiane |
| HKG | Hong Kong | +08.0 | Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar |
| TYO | Tokyo | +09.0 | Seoul, Pyongyang |
| ADL | Adelaide | +09.5 | Darwin |
| SYD | Sydney | +10.0 | Melbourne, Guam, Rabaul |
| NOU | Noumea | +11.0 | Port Vila |
| WLG | Wellington | +12.0 | Christchurch, Nadi, Nauru Island |

- Based on data as of December 2006.


[^0]:    24-hour hand
    Correct hour and minute
    hand home position

